

## NASM Flashcards 7th Edition PDF

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What does NAS stand for in NAS training?

National Academy of Sports Medicine

What is the primary focus of NAS training?

To enhance the performance and health of individuals through proper exercise and nutrition.

What is the importance of the OPT model in NAS training?

The OPT model provides a systematic approach to program design that enhances performance and reduces the risk of injury.

What are the three levels of the OPT model?

Stabilization, Strength, and Power.

What is the goal of the Stabilization level in the OPT model?

To improve muscular endurance and stability.

What is the primary focus of the Strength level in the OPT model?

To increase the overall strength of the individual.

What is the goal of the Power level in the OPT model?

To enhance the rate of force production.

What is the significance of the SAID principle in training?

Specific Adaptations to Imposed Demands; it means the body will adapt specifically to the type of training performed.

What is the role of a personal trainer according to NAS?

To provide guidance, support, and accountability to clients in their fitness journey.

What are the key components of a well-rounded fitness program?

Cardiovascular endurance, muscular strength, flexibility, and body composition.